

# Bioflavonoids



*Bioflavonoids are the active ingredient in propolis and are known as Vitamin P.*

*In their natural state, bioflavonoids are usually found in close association with vitamin C. In treating conditions, vitamin C and bioflavonoids each enhance the action of the other compound. Therefore, when taken as supplements, they often should be used in combination to increase effectiveness. In general, all bioflavonoids are potentially useful as antioxidants, antivirals, and anti-inflammatory.*



*They also help with*

- *formation of oxidized cholesterol and give protection versus oxidative and free radical damage*
- *nosebleeds, and other types of haemorrhages*
- *anticoagulant activity (preventing blood clotting)*
- *reducing the occurrence of easy bruising*
- *protection against infections*
- *ability to reduce pain*
- *improving the circulation*
- *improving liver function*
- *improvement of vision and eye diseases*
- *strengthening the walls of the blood vessels*

## *Dietary Sources*

*Berries Onions Parsley Legumes*

*Green Tea Red Wine Citrus fruits*

